

YEAR 11 CORE VALUES: WELL-BEING AND MENTAL HEALTH

A STRESS	
1	Stress is the body's reaction to feeling threatened or to pressure.
2	Can be motivating to help us achieve things in our daily life.
3	But too much stress can affect our mood , our body and our relationships.
4	Symptoms: irritability, aggression, anxiety, increased heart rate.
5	Coping strategies: splitting up big tasks, challenge unhelpful thoughts and becoming more active.

B VISITING THE DOCTOR	
1	You can see a Doctor by yourself
2	If over 16 you can register with a surgery by yourself
3	Anything you say to your doctor must be kept between the two of you, unless you are at risk.
4	You don't have to tell anyone else that you've seen a doctor and everything you say will be kept confidential.
5	You can talk to a doctor about yourself or someone you're worried about.

C BLOOD, ORGAN AND STEM DONATION	
1	Organs, cornea, tissues, hands, stem cells, bone marrow and blood.
2	England has an opt-out system
3	Max and Keira's law
4	Automatically become a donor at 18

D LUMPS : SELF-EXAMINATION	
1	Lumps bumps and swellings
2	Unexplained tiredness
3	Mole changes
4	Pain
5	Significant weight change

E BARRIERS TO SEEKING HELP	
1	Embarrassment
2	Lack of knowledge of condition
3	Knowledge of rights
4	Faith in professionals
5	Confidentiality
6	Cost of prescriptions/medical care

F TYPES OF PROCEDURES		
1	Cosmetic Procedures	Aesthetic Procedures
2	Breast Enhancement	Botox
3	Facial Contouring	Body piercing
4	Body Contouring/implants	Hair transplants
5	Skin Rejuvenation	Fillers
6	Tattoo	